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SINGLE ISSUE FREE

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January 16, 2019



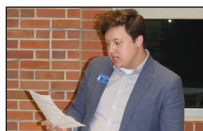
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SOUTH DAKOTA STATE UNIVERSITY'S STUDENT-RUN INDEPENDENT NEWSPAPER SINCE 1885  SDSUCOLLEGIAN.COM



NEWS- GAF INCREASE

Steering committee proposes
\$8.32 per-credit-hour increase.

SEE A3

LIFESTYLES- JANUARY BLUES

Feeling down? A little sad? This is
seasonal depression explained.

SEE A5

SPORTS- NORTH DAKOTA PREVIEW

Women's basketball prepares to face
North Dakota.

SEE A10



Collegian photo by **MIRANDA SAMPSON**

Sophomores, human biology, pre-medical major Thane Henschel and psychology and sociology double-major Savanna Peterson work to make mental health accommodations available for SDSU students.

Leave of absence

Students work toward excused mental health days at SDSU

LAUREN FRANKEN
Managing Editor

A survey conducted by the American College Health Association found that in the spring of 2018, 42.9 percent of students surveyed felt so depressed that it was difficult to function at some point in the 12 months prior.

The same survey found that 56.8 percent of students rated their overall stress levels “more than average” or “tremendous.”

The correlation between mental health and academic success is the reason sophomore psychology and sociology double major Savanna Peterson and sophomore human biology,

pre-medical major Thane Henschel are working to make mental health accommodations accessible to students as an integrated part of SDSU's attendance policy.

SEE **HEALTH DAY** ON **A7**



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Fishbacks announce \$3.5 million challenge



Van and Barbara Fishback, longtime benefactors of South Dakota State University and namesakes of the university's Honors College, made public Monday a \$3.5 million challenge match.

It is the single-largest challenge match ever issued at SDSU. Gifts made to support the strategic priorities of the Fishback Honors College by other donors will be matched by the Fishbacks on a one-to-one basis, up to \$3.5 million. The Fishbacks' gift would create a \$3.5 million endowment.

Campus Climate survey open to campus

South Dakota State will participate in the Campus Climate Survey, a national survey developed to assess the overall climate on campus.

The purpose of the survey is to provide information that informs policy, programs and practices that enhance the campus environment. The survey opened Jan. 15.

Students and employees will receive an email from Skyfactor with a link to the survey. Various survey topics will include campus, climate, safety and sexual assault. Feedback is important and students and employees are encouraged to attend.

The survey should take around 15 minutes to complete. A link was sent to all student, staff and faculty emails.

Reception for SDSU alumni's photography

A public reception for the photography show "Bearing Witness to Community" by Frank Robertson will be held 4-6 p.m. on Jan. 29 at SDSU Briggs Library, with remarks at 5 p.m.

Robertson, an SDSU Journalism instructor, features selections of his work as an award-winning photojournalist. Light appetizers will be served. Free parking is available north of the library, located at 1300 N. Campus Dr. More information is on the library website and Facebook.

SA meeting in brief: GAF plan proposed, resolution passed

These are the highlights from the Students' Association meeting on Jan. 14:

It was announced that Sen. Jennifer Mueller would replace Matthew Bruxvoort as Finance Chair. Bruxvoort stepped down last week and put his two weeks notice in due to personal issues.

The first draft of the General Activity Fee was read. Senators gave their input and had heated discussion about the proposal. The plan proposed a \$8.32 increase to GAF. **Read more on A3.**

SA passed Resolution 18-07 that supports "2+2" Doctorate of Veterinary Medicine Degree. This supports SDSU and the University of Minnesota College of Veterinary Medicine's Memorandum of Understanding to see the "financial feasibility" of a program where the college can collaborate in veterinary medical education.

This program could save students money for veterinary education and open more career opportunities.

Resolution 18-08 took place, which would provide two reserved parking spots in the Wagner lot for Purple Heart recipients.

The next meeting is 7 p.m. Jan. 28 in the Lewis and Clark room of the Student Union.

*For live meeting coverage,
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Steering committee proposes GAF strategic plan

LAUREN FRANKEN
Managing Editor

At the Jan. 14 Students' Association meeting, the General Activity Fee (GAF) Steering Committee revealed a first draft of the three-year strategic plan for years 2020-23.

They also proposed a two-year plan, but ultimately decided in favor of the three-year plan.

GAF is a mandatory per-credit-hour fee that directs funds toward activities the general campus population would participate in and benefit from. South Dakota State creates a new plan every five years, unlike a lot of universities who don't draft a plan at all.

There are five workgroups investigating how to best spend student dollars: student organizations, athletics facilities and operations, Wellness Center services and enhancements, transportation and student life.

The steering committee, along with the chairs of the five work groups, proposed an \$8.32 increase in GAF between 2020 and 2023, assuming there are 270,000 credit hours per year. GAF is currently \$43.75 per-credit-hour.

The student organizations workgroup proposed to raise GAF in two phases. The first phase would raise GAF by \$0.25 in 2020 and the second phase would raise it by \$0.50 in 2022. Both increases would help fund student organizations campus-wide.

Athletic facilities and operations is also broken up into two phases. The first phase, in 2020, will raise GAF by \$3—which will go toward Frost Arena renovations. In 2020, SA will also redirect \$2.49 from the Student Union maintenance and repair fund for athletics operations.



Photo by **ALEXANDRA FARBER**

Students' Association discussed the first draft of the General Activity Fee Strategic Plan during the Jan. 14 meeting.

The second phase, in 2021, will raise GAF by \$2.47 for athletics operations. In total, Senate proposed a \$5.47 increase toward athletics facilities and operations.

Current \$10.29 GAF per credit hour for athletics hasn't been changed since 2004. The change is to address NCAA standards the university must adhere to as a Division I school and future Frost Arena renovations.

Government Affairs Chair Cole McDougall questioned the increase during the Jan. 14 reading of the proposal.

"I don't know if it is the job of GAF to pay that..." he said during a discussion about student athlete scholarships, tutors and counselors. "We are overlooking other students. There are 11,000 other students on campus and we cannot ignore them."

Sen. Nick Lorang is the GAF Strategic Plan Steering Committee chair. He said this move was necessary because there's no other source of revenue to fund the athletics deficit.

"There's not another place where this can come from," Sen. Lorang said. "You're asking academic units to take

the burden of that ... If we cut sports it also means that students leave; It's a cycle either way you spin it."

The wellness services workgroup proposed the following wellness services enhancements: \$0.20 for group fitness passes, \$0.07 for the YOU@STATE platform, \$0.10 for club sports funding, \$0.17 for expanded Wellness Center hours, \$0.22 for additional counseling staff and \$0.19 for preventative maintenance on equipment. In total, GAF will increase by \$0.95 for wellness services enhancements in 2020.

"With such a need for counseling staff, adding one counselor would reduce wait time, which is two weeks right now," Sen. Carter Hunter said.

The transportation workgroup proposed a city-wide bus system, which would increase GAF by \$0.75 in 2021 and \$0.15 in 2022 when the bus system would officially roll out.

The route will have two buses and hit major apartment and shopping locations in Brookings. Most likely, the route will wrap around campus and will have stops on Medary Avenue, Eighth Street and 22nd Avenue.

The route would benefit

international students and students without cars, said Sen. Josh Longtin during the Jan. 14 reading.

"Just under 10 percent of SDSU students don't have cars on campus. That's roughly 1,200 students," Sen. Josh Longtin said.

The student life workgroup proposed a \$0.25 increase in GAF in 2022 that would go toward a sustainability grant program.

"We as a committee recommended to set up a grant program so this money could be applied to for sustainability projects," Finance Chair Jennifer Mueller said. "Currently, there's no avenue for sustainability research to get funding here on campus, so researchers, undergrad or graduate students could go to this committee and get funding."

Sen. Lorang explained the grant program was a major step forward and was set to take off in the third year so the price amount and give time to implement the infrastructure of the program.

SA will hold an open forum within the next two weeks and will reconvene on Jan. 28 for a second reading and vote on an official strategic plan proposal.

CRIME LOG

01.08.19

• 9:34 p.m. @ 1904 8th St. Extortion/Blackmail.

01.09.19

• 4:20 p.m. @ Meadows S. Drug/Narc Violations.

• 6:46 p.m. @ Thorne Hall. Drug/Narc Violations.

01.10.19

• 11:03 a.m. @ Caldwell Hall. Liquor/Possession/Consumption.

01.11.19

• 9:33 a.m. @ Ben Reifel Hall. Liquor/Possession/Consumption.

• 5:20 a.m. @ Hansen Hall. Theft-All Other.

• 10:13 p.m. @ 1206 6th St. Liquor/Possession/Consumption.

01.12.19

• 12:56 a.m. @ 1390 College Ave. Suspicious Persons/Vehicle.

• 10:28 p.m. @ 900 Block 7th St. DUI.

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New year brings new wave of Wellness Center attendance

ELIZABETH STROMQUIST
Reporter

The new year, and any resolutions that accompany it has an impact on the Wellness Center's attendance, sales of fitness passes and investments in personal trainers.

"What I've seen over this first week back is that we haven't really had lows," said Justin Colf, the fitness coordinator at the Wellness Center. "Usually, throughout the school year, there are periods of time where it's not very busy. During this first week back, there haven't been many times where it hasn't been very busy."

From 4-6 p.m. on Jan. 7 alone more than 300 students swiped their ID at the Wellness Center.

"We sell more fitness passes in the springtime than the fall



Collegian photo by **MIRANDA SAMPSON**

The popular New Year's Resolution of going to the gym, losing weight and being healthy lure newcomers to the Wellness Center.

because the weather is still nice outside during the fall and some students don't realize the offers we have until later in the

semester," Shari Landmark, the Wellness Center director of recreation and fitness said.

Colf said the most popular

fitness classes are high-intensity yoga, strength-based classes and Zumba. Zumba is the most attended class, with about 30 in each class.

Landmark said the Wellness Center often sees a drop in attendance around spring break, but not a significant one.

"The members are pretty darn consistent," Landmark said regarding attendance at group fitness classes or personal training sessions.

The Wellness Center offers personal training either one-on-one with a trainer or in groups as large as 12 people. Training lasts for six weeks.

The staff at the Wellness Center anticipated the high attendance at the beginning of the second semester. For this reason, they had construction

completed over winter break.

Colf said the staff is excited about new exercise equipment arriving in the coming weeks. The Wellness Center offers an orientation class for those unsure about how to use the equipment.

From 4-6 p.m. on Jan. 7 alone more than 300 students swiped their ID at the Wellness Center.

Students are able to sign up for personal training through the Wellness Center's website under the personal training tab and \$75 semester-long fitness passes are available at the welcome desk.

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January blues: what it is, how to combat it

DANIELLE SONS
Reporter

Though winter brings Christmas cheer and time off of school, it can also bring Seasonal Attribution Disorder (SAD) or more popularly known as seasonal depression.

SAD is caused by the changing of the seasons like late fall and winter.

With less sunlight and cooler temperatures, the Mayo Clinic said the body's levels of serotonin can decrease and cause feelings of depression.

Especially during the holidays many people are rushing to buy last minute gifts which can put a strain on their finances and increase stress. This can also lead to SAD in some cases.

It is important to know the symptoms in order to help identify and prevent them from occurring.

"The most common symptoms of seasonal depression, moodiness and fatigue, start in the fall and persist throughout the winter months," Darci Nichols, assistant director of Counseling Services said, "If you are sleeping through your alarm and missing your first class in the morning or gaining weight because you have intense cravings for foods high in carbs, you should schedule an assessment with one of our counselors."

These aren't the only symptoms for SAD. Some other symptoms include low energy, problem sleeping and sluggish feelings. There are ways to tackle these symptoms and help with the January blues.

Yoga or Exercise

Taking 10 minutes out of the day to relax and take a breathe

relieves stress or negative feelings.

Kaylee Johnson, a sophomore math major said: "With depression or even helping to prevent depression, exercising is very important. It gets you up from the couch or from your chair at work and gets your blood flowing."

Breaking a sweat or getting any exercise in general is good for the body and can help offset any feelings of depression with the release of endorphins into the brain that affect your mood. Just by keeping active will help prevent any negative feelings that might occur.

Taking Vitamins

Taking Vitamin D helps increase the energy in the body and with mood swings. It also aids in strengthening bones and the immune system in general which, in turn, can prevent sickness from coming on. Vitamin D does take a little while to set in, approximately three months, in order for someone to see noticeable results in their health and mood. There is no harm in starting early though, who knows how much it could help your health later on.

Socializing

Whether this is going out for a coffee date to catch up with an old friend or going out with a huge group of people, staying in a social environment can help aid mood.

Along with the bustle and energy that holidays bring, the absence of close friends and family can make the time after these days of celebration seem somber and dark.

"Seasonal depression is very real and effects more students than one would think. I think that finding a balance of sur-

rounding yourself with good people really helps a lot too." Sophomore English education major, Anne Duran said. "Campus has a lot of great options for helping kick seasonal depression as well, such as the Wellness Center for both working out and Counseling Services."

Light Treatment

Nichols also said light therapy

with a light machine is effective in managing the symptoms of SAD. Light therapy tricks your body into believing it's getting more sun, which can make serotonin levels in the body rise and has the potential to boost anyone's mood.

Set Goals

Setting goals helps to keep your spirits and motivation up, especially going into the New

Year. New Year's resolutions are a good way to begin this positive outlook. Many people set them in order to better their health, relationships, career and personal growth. By having a goal in mind and being able to plan ahead and therefore look forward to what is to come in the future, it can be a good way to stay positive throughout this spring semester.



Collegian graphic by SUHYEON HAN



Collegian photo by MIRANDA SAMPSON

Students can feel often overwhelmed and stressed when they take on too many credits resulting in a cluster of notebooks, planners and homework.

Ways to deal with stacked schedule

EMMA ANDERSON
Lifestyles Reporter

It is the beginning of the semester and you are feeling refreshed and ready to take on a full set of classes. However, maybe you were just a little too ambitious when registering for classes and now, after a week, it seems to be too much stress.

Don't worry, though, there are ways to tell if you have booked your schedule too full and ways work through it.

An online blog by Andrea Dekker said that, like a lot of things, the amount of "stuff" you can fit in varies from person to person.

"Our own personal energy levels play a huge factor into how much we can realistically accomplish in a day, a week or month," Dekker said.

That being said, there are a few symptoms of an overloaded schedule.

For junior human development and family studies major, Lexi Osland, one sign you are too busy is constantly feeling under pressure and stressed.

"I also just think that if you are constantly feeling like you

don't have time to do the things you enjoy because school work is taking up too much of your attention, then you should probably cut some things out," Osland said.

Sophomore nursing major, Sophie Belling, said another indication you are overloaded is "failing tests or quizzes due to not understanding the overall material in class because you are too focused on other things."

Even signs like regularly forgetting things, being easily overwhelmed and feeling guilty about taking time for yourself can be traits of being too busy, Dekker said.

Learning the early signs of a crowded schedule can help combat an intense semester and help you stay on top everything.

Of course, dropping a class can seem like an easy fix to the problem, but if the class is necessary to your major, dropping it will just result in having to take (and pay for) it again.

The situation is not hopeless, however, there are certainly tips and tricks to help you persevere through a semester that feels like it could not get any more hectic.

DANIELLE SONS
Lifestyles Reporter

From chicken scratch to breath-taking cursive, to block letters and microscopic ones, handwriting is a common skill everyone must learn.

"Technology has always been changing how we present language. People like Socrates feared that moving from speaking to writing would have disastrous effects on our thinking," SDSU English professor Nathan Serfling said. "Ironically, we only know about Socrates' philosophy because his student, Plato, wrote about it."

In order to convey correct meaning, legible handwriting is pertinent.

If improving your handwriting sparks an interest, here are some tips to help achieve the calligraphy goals you've always aspired toward.

Right surface writing

Be aware of the surface you're writing on. Making sure there is a stable, hard surface underneath the paper compared to say, an unsteady limb like an arm or leg, can make all the difference in having better penmanship.

It is also important to have another piece of paper underneath the paper. The extra cushion makes a noticeable difference in how well the pen glides across the paper.

Be write: importance of legible handwriting in working world



Collegian graphic by SUHYEON HAN

Watch your grip

Don't grip the writing utensil you are using super hard. Having a relaxed grip will let your letters move more freely across a page and prevent finger or wrist aches.

In class, when a professor is talking quickly and you're struggling to keep up, it may be hard to maintain a relaxed posture, but focus on not tightening your shoulders and keep the rest of your body relaxed. Make sure to have a steady surface to place your elbow so letters can have a definite and consistent shape to them.

Legible handwriting is important when writing a letter to a friend, taking notes in class or writing a prescription — like SDSU pharmacist Melanie Lunn does on a daily basis.

"If I have a script that comes into me, I have to handwrite it, and I always make sure that everything being written is very nice and neat," Lunn said. "Otherwise I will scribble it out and rewrite everything."

Use worksheets

Going old-school and turning to worksheets is never a bad idea when it comes to improving your handwriting. They can be helpful way when learning how to master the flow of writing your letters the exact same each time your pen touches paper.

Try different angles

Instead of just horizontal writing, twist a piece of paper so that it is facing sideways, turn your hand with the paper but keep your body and head facing forward and begin to write.

Writing from a different angle not only allows your hand to get a different grip on your pen, but it also allows gravity to create more elegant or even stiff shapes of letters.



From A1

HEALTH DAY

Peterson and Henschel are developing a program in which students with a diagnosed mental illness can be granted “mental health days” in addition to course-mandated excused absences.

The idea sprang out of their involvement in LeadState, a program that encourages undergrads to pursue and act on their leadership skills.

“So many people struggle with mental health disorders and there’s so little we truly know about them,” Henschel said. “People can’t always explain themselves as to what’s going on and I think these mental health days provide them that time to recuperate from a seriously bad situation.”

SDSU’s current policy states: “Any exceptions to the faculty

member’s written attendance policy due to verified medical reasons, death of a family member or significant other or verified extenuating circumstances judged acceptable by the instructor or the Office of Academic Affairs, will be honored. Absences for vacations, breaks or personal interviews do not constitute a valid reason for absence.”

SDSU does not currently have any standards set in place for absences that are a direct result of mental illness.

“We are fortunate to have Counseling Services at the Student Health Clinic and campus-wide events and programming that increase awareness about well-being,” said Tyler Miller, associate professor of psychology. “But more could always be done to increase students’ access to health services and reduce stigma related to

those receiving those services.”

Peterson said the idea behind the program is that mental health days become a “reasonable accommodation,” which is the same policy that allows students to have emotional support animals on campus.

“It’s kind of hard for people who don’t struggle with mental illness or don’t really know about it to understand why it’s reasonable,” she said.

Peterson and Henschel don’t want students to abuse mental health days, which is why the program would require they have a doctor’s note to become eligible for the accommodated excused absences.

“Of course, they can’t just skip class. They [students] will have to contact their professor and say ‘hey this is what happened, I missed class because of a mental health day’ and that way the professor can’t just, you

know, deny them an excused absence,” Peterson said.

“People can’t always explain themselves as to what’s going on and I think these mental health days provide them that time to recuperate from a seriously bad situation.”

Thane Henschel
Biology pre-med major

Miller said when a student misses class he asks for further documentation of the absence, but ultimately responds to students in a standard way.

“I respond very similarly, with empathy and sincere wishes for their recovery,” Miller said.

Peterson and Henschel will first propose their idea to the Office of Diversity, Inclusion, Equity, and Access, but would eventually like to see it become an official part of the Americans with Disabilities Act (ADA), so students who qualify will be accommodated the additional excused absences, and professors will receive a notification of their status in the program upon their enrollment in a course. Neither of them knows if or when the program will be put into place.

Peterson said she thinks a reasonable number of mental health days would be no more than five but ultimately depends on the illness severity.

“The hardest part is people taking it seriously and understanding that mental illness is just as important as physical illness,” she said.

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7pm Union Market
- 26 Jackrabbit Basketball** *Doubleheader vs UNO!*
2pm (women’s) & 4:15pm (men’s) Frost Arena

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EDITORIAL

More than 16,000 people want to combine the Dakotas into one MegaKota.

Despite the long-standing South Dakotan feud over which side of the river truly is better (east), we, as a state, can agree on our superiority over North Dakota.

Nevertheless, more than 16,000 people have signed a petition asking United State's president Donald Trump to merge the Dakotas into one MegaKota.

Dillan Stewart started the change.org petition because he thought having a state called MegaKota would be "pretty cool."

Stewart isn't the only one who likes the name. Many who signed the petition voiced their praise for the "MegaKota" in the comments section.

"I think it's a lit name," Aelise Gagliano said.

However, others had different reasons for signing the petition.

"I'm signing this because that's how mafia works," Vinicius Schmidt said.

Given the popularity of the petition, we at The Collegian proposed a few pertinent questions about the MegaKota.

Firstly, how would we choose a governor? North Dakota's Doug Burgum and South Dakota's Kristi Noem are both republicans, so there wouldn't be much of a race. Perhaps a spitting contest?

Upon creating the petition, Stewart also mentioned making Puerto Rico an official state so "we won't have to change our flag."

But what if Puerto Rico doesn't want to be a state? Then what will we do with the 50th star, color it in?

If the states combined, the MegaKota would have a population of nearly 1.6 million people. Land area would increase to 128,046.13 squarmiles, making it the fourth largest state in the U.S. There would also be two fewer senators, bringing

the national number down from 100 to 98.

As for laws and state regulations, South Dakota's minimum wage is currently set at \$8.85 per hour, and North Dakota's is \$7.25. If we're combining the states, it's safe to assume that we would average the minimum wage, leaving the MegaKota at \$8.05 per hour, leaving South Dakotans with an \$0.80 cut and North Dakotans with an \$0.80 raise.

We also suggest making the MegaKota's capital Mobridge, because why not?

There are a few towns with the same names in North and South Dakota, so we suggest simply adding "Jr." to the ends of all of the North Dakota towns — for example, Buffalo Jr., and Marion Jr.

A state is only allowed to have one land grant university, so combining the Dakotas would mean either South

Dakota State University or North Dakota State University has to lose its land grant status.

We, at The Collegian, suggest combining the schools. We can be the MegaKota State BisonRabbits, and our mascot could be a Jackrabbit head on a Bison's body, or maybe a Bison's head on a Jackrabbit body — whichever the Hobo Day Committee thinks works best.

Regardless of the many changes the MegaKota would have to deal with, I think both states can agree that the South Dakota 80 mph interstate speed limit should become the official interstate speed limit of the newly combined states.

The Collegian Editorial Board meets weekly and agrees on the issue of the editorial. The editorial represents the opinion of The Collegian.

Resolutions put into perspective, take your time with goals



ALISON SIMON
Columnist

There are several opinions about New Year's resolutions. Whether you believe they're bad for your mental health or the perfect way to begin a new year, we can all agree that we want to begin 2019 right.

It's hard to have a great start to the new year when we set unrealistic goals for ourselves.

As great as telling yourself to work out every day is, for most people, it's completely impractical.

Changing your routine or consciously bettering yourself takes time. Daily exercise is a great example. You likely won't be able to run eight miles on Jan. 1 if you just decided on Dec. 31 to run every day. This is especially true if you're like me and haven't gone for a run in months. Unless you have some naturally crazy strong leg muscles, know these things take time.

Choosing to change yourself

or your routines for the better is totally O.K. Using the new year as a reason to analyze yourself and reflect is great for your mental health after all. Asking yourself questions about your motivations, strengths, and weaknesses can lead to valuable, positive improvements in your life.

Dropping a resolution before January ends is incredibly common, although it's rarely due to pure laziness. Holding ourselves accountable or staying motivated despite all the barriers life presents can be so difficult when our

resolutions often stem from a part of ourselves that we don't entirely like.

Use the opportunity of choosing a New Year's resolution that promotes who you are and helps you grow positively rather than one that simply makes you feel guilty.

If you feel you chose a resolution for 2019 that doesn't feel right, don't worry. Life changes constantly, so there's no reason you shouldn't be able to reset your goals for the year. If you're feeling really ambitious and have the time, you can have more than one.

New Year's resolutions are a trend that have been getting a bad reputation lately. Keep in mind as you grow this year that reaching a goal is never easy. It takes dedication, hard work and often a dose of self-appreciation as well.

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the Collegian

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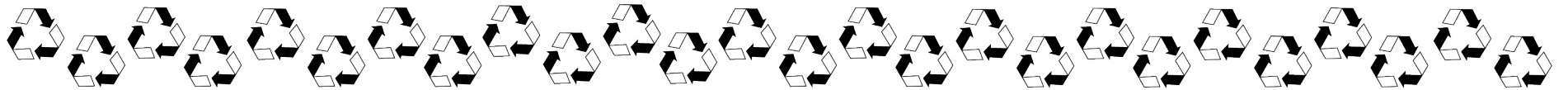
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Sustainability is 'two-way street': it's time to care for earth



JENNIFER MCLAUGHLIN
Columnist

Take a moment, close your eyes and name three things you need to survive. If your answer included food, water and air, you have defined the very basics of sustainability and why it's important.

Sustainability involves providing the necessities of life in a way that doesn't harm the

source of those necessities. That source is the planet. Earth has intricate and delicate processes that provide food, water and air. We need to protect these processes so that the necessities of life will continue for generations to come.

But it's not just our basic necessities that the earth provides. Our planet also protects us in a myriad of ways such as shielding us from harmful ultraviolet rays via the ozone layer, soil structures and plants filtering and cleaning water and coastal ecosystems acting as a buffer during storms. While we

don't see these actions, we benefit from them every single day.

Without these, we are at higher risks of sunburns and skin cancer, need more technology to clean our water sources and face greater damage from storms.

Sustainability is a two-way street between the earth and the humans who inhabit it.

Think about it. If you don't have good access to basic human needs like food and water, you are going to do whatever it takes—good or bad—to ensure you have those resources. Often these extreme

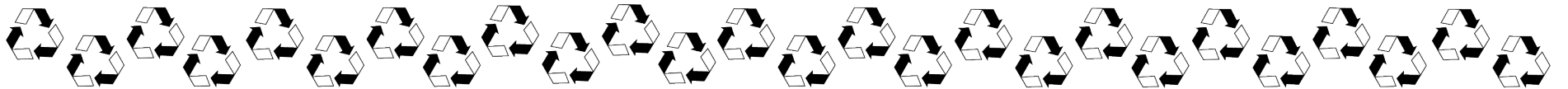
measures degrade the natural environment's ability to provide the benefits mentioned previously. That then makes these resources and basic needs harder to obtain, which then takes more extreme measures to access the resources, degrading the earth even further.

Eventually, the earth will be so degraded that you can no longer obtain basic human needs. However, if you are able to find a way to access food and water in a way that doesn't harm the earth, you could have access to these resources for generations to come. To make this

situation possible, we need to ensure that everyone has equitable access to basic human needs to that no one takes drastic measures to access them.

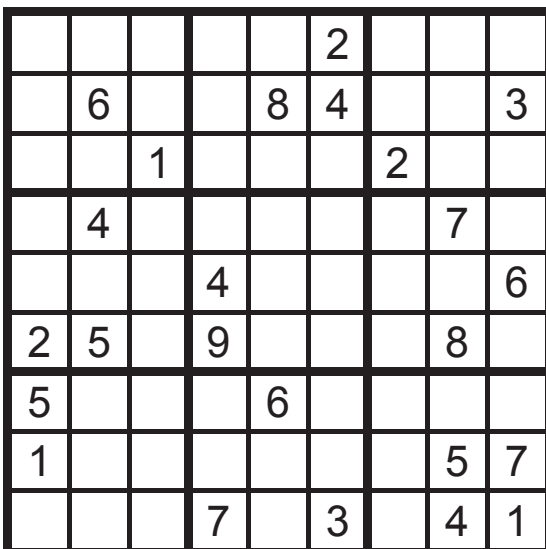
Sustainability is not just another popular trend. It is a way of life on which our lives and those of our descendants depend.

Jennifer McLaughlin is the sustainability specialist and can be reached at jennifer.mclaughlin@sdsu.edu.



SUDOKU

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.



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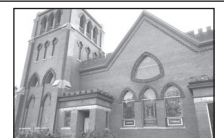
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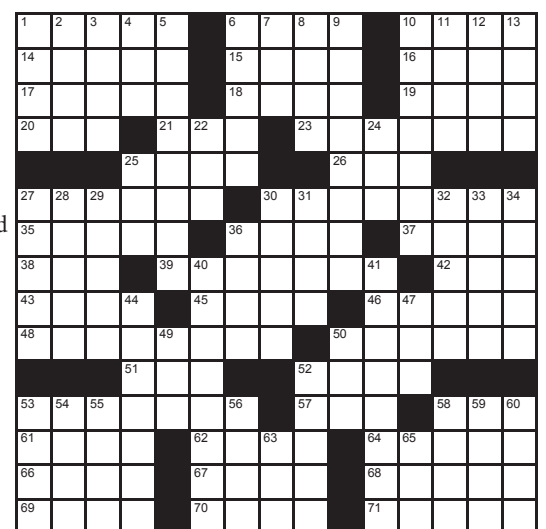
- 1 Tournament favorites
- 6 Exchange
- 10 Kaput
- 14 Come out of denial
- 15 Anthracite
- 16 Dry stream bed
- 17 Kind of ray
- 18 Creole vegetable
- 19 Bailiwick
- 20 Health org.
- 21 Gangster's gun
- 23 Enduring
- 25 Make a sweater
- 26 Palooka
- 27 Overseas
- 30 Life, for one
- 35 Thinking cap?
- 36 Kyrgyzstan range
- 37 Handout
- 38 Arctic bird
- 39 Hot sauce
- 42 "___ the land of the free ..."

Down

- 43 No-win situations?
- 45 Tax
- 46 Kenyan tribesman
- 48 Corps de ballet
- 50 Unruffled
- 51 Spanish aunt
- 52 Unguent
- 53 Send an email
- 57 Astonish
- 58 Plant production
- 61 Slender reed
- 62 "My bad"
- 64 Autocrats of old
- 66 Townshend of the Who
- 67 Regrets
- 68 Small pastries
- 69 Baby blues
- 70 Proof word
- 71 Take up space

Across

- 4 Slow-witted
- 5 Not moving
- 6 Sir Walter, for one
- 7 Stir-fry pan
- 8 Bern's river
- 9 Passionless
- 10 Overshadowed
- 11 Merit
- 12 Not in port
- 13 Pigeon pea
- 22 Assist
- 24 Consume
- 25 Colorful carp
- 27 Die down
- 28 UCLA player
- 29 Croupiers' tools
- 30 Word hard
- 31 Effortless
- 32 Hemp necktie
- 33 Fresh from the shower
- 34 Bone-chilling
- 36 Eve's son
- 40 Tuna type
- 41 Brunch order



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- 44 Sofas
- 47 Coat part
- 49 Actress Farrow
- 50 Adage
- 52 Singing voice
- 53 Make do
- 54 Comply with
- 55 Musical mark

- 56 See the sights
- 58 Delhi dress
- 59 Liberal pursuits
- 60 Cousin of "ahem"
- 63 Dowel
- 65 Woodwind instrument



Collegian photo by **MIRANDA SAMPSON**

Junior forward Tagyn Larson (24) dribbles up the court during the SDSU vs. Denver women's Summit League home opener basketball game Wednesday, Jan. 9 at Frost Arena. The Jacks beat Denver 76-59.

Jacks prepare for Summit League newcomers UND

LANDON DIERKS
Sports Reporter

Following back-to-back home wins, South Dakota State's women's basketball program will have a chance to extend its win streak on the road against the University of North Dakota Friday.

SDSU head coach Aaron Johnston wanted better defensive effort from his team moving forward following a double-overtime loss to the University of South Dakota on Jan. 6 when the Jacks surrendered 105 points.

In both games last week, he got what he was looking for.

"I think we're getting more committed to (defense)," Johnston said. "The talent is there. The ability is there. It's just the

focus and mentality to feel like we're going to identify as a defensive team, as a rebounding team and not just an offensive team."

A Friday date with UND and the leading scorer in the Summit League will be the next test for the Jackrabbits.

North Dakota (UND)

Heading into Friday's matchup in Grand Forks, North Dakota, SDSU and UND are on different trajectories.

The Jackrabbits won two games last week, catapulting them into first place in the Summit League.

Meanwhile, UND, in its first season as a Summit League affiliate, has lost two of its last three games after starting 2-0 in conference play, dropping to 8-10.

Offensively, the Fighting Hawks look inside to score more than most other Summit League teams but can put unique lineups on the floor to challenge the defense in multiple ways over the course of a game.

"They can play really big and be one of the taller, more physical teams in our league," Johnston said. "They can go small at times and have good perimeter quickness and shooters, so they have a really good balance. We'll have to do a good job of defending."

UND's Player to Watch: Lexi Klabo

Statistically, UND forward Lexi Klabo is one of the most impressive players in the Summit League, and has won the

conference player of the week.

Klabo has topped 25 points in five games this season and has six double-doubles, including a 27 point, 11 rebound game on Sunday in a loss to Western Illinois.

"She's a complete player, certainly one of the best in our league, and can play at a really high level. We'll have to have a really good plan for her," Johnston said.

The 6-foot-2 senior currently leads the conference in scoring average (19.2 points per game), is second in rebounding (8.4 per game) and will be the focus of SDSU's defensive effort come Friday night.

Tip is slated for 7 p.m. Friday, Jan. 18 in the Engelstad (Betty) Sioux Center in Grand Forks, North Dakota.

Otzelberger, Johnston, Stiegelmeier receive extensions

ANDREW HOLTAN
Sports Reporter

Three South Dakota State head coaches received contract extensions at the end of December.

Football coach John Stiegelmeier signed a five-year extension that will keep him at SDSU through the 2023 season. Men's basketball coach T.J. Otzelberger and women's basketball coach Aaron Johnston both signed four-year extensions and will remain at SDSU through the 2022-23 seasons.

Stiegelmeier will be entering his 23rd season at SDSU in 2019. He has a record of 158-99 for the Jacks and has taken them to the

FCS Playoff Semifinals the last two seasons.

"You get asked all the time in recruiting about job security," Stiegelmeier said. "For me, this extension is telling the university that I'm committed to them and they're committed to me. There is also safety and security for the recruits and coaches as well."

Many people have asked the question of when Stiegelmeier, who is turning 62 years-old Feb. 7, will retire. He said he hasn't thought about it yet.

"I've told everyone that my goal is a national championship and I can say that and not flinch. I think when that happens I'll

think about answering that question," Stiegelmeier said.

Years at SDSU

John Stiegelmeier: 22 years

Aaron Johnston: 20 years

T.J. Otzelberger: 3 years

Otzelberger is in his third season and the Jacks are 14-6 overall and 4-1 in the Summit League. SDSU went to the NCAA Tournament in the first two seasons under Otzelberger.

"My family and I are extremely grateful," Otzelberger

said. "We love being in Brookings. It gives me a great feeling of stability as a husband and father and this isn't just a stepping stone."

Otzelberger added the extension helps with recruiting as well.

"The extension sends a great message to our team, but it also sends a message to the guys that we recruit that 'this is something that is for the long term.'"

Johnston has done nothing but win since becoming the SDSU coach in 2000. He's in his 19th season and has been to the NCAA Tournament in eight of the last 10 seasons. SDSU is 25-2 in Summit League Tournament

game under Johnston.

"A.J. has built our women's basketball program into one of the most successful, consistent and well-respected in the country," SDSU Director of Athletics Justin Sell told GoJacks.com. "He is a great teacher of the game who has created a culture of excellence not only on the court but in the classroom and throughout our campus community."

These three extensions bring stability to the three sports that gain the most revenue in the athletic department.



Collegian photo by **MIRANDA SAMPSON**

Men's head basketball coach T.J. Otzelberger claps along to the school song on the court after the Summit League home opener against the Denver Pioneers Thursday, Jan. 10 at Frost Arena. The Jacks beat Denver 78-66.

Track and Field sweeps UND, hosts weekend meet

JOHN BEGEMAN

Sports Reporter

It was a sweep for the South Dakota State Jackrabbits who continued their indoor season winning a dual against the North Dakota Fighting Hawks Saturday, Jan. 12.

The men outscored the Fighting Hawks 93-54, while the women narrowly won 76-69.

The afternoon was full of first-place finishes and personal bests for both the men and women. The teams combined for 15 individual first-place finishes and won both the men's and women's 4x400m relay. 28 personal bests were either reset or tied.

Sophomore Colby Hilton trimmed 0.44 seconds off of his 200m time to win the race and claimed the school indoor record at (21.41) — a record that junior Sam Zenner had set one meet prior at (21.50).

Zenner won the 60m race with a time of (6.79), followed by Hilton's (6.90) and freshman Emmanuel Phoulom-Smith's (6.95). All three runs rank among SDSU's all-time top 10.

Junior Miatta Flemister-Smith won the 200m with a (25.11) as she trimmed 0.13 seconds off her previous best to bump up to No. 6 all-time at SDSU.

The Jacks dominated the long jump pit with both freshman Tre Manning and Bryant Courter placing first and second.

The women also dominated the long jump pit as sophomore Emma Stewart launched (17-feet-4.25-inches) to win and was followed by freshman Emily Altenburg's (17-feet-2.75-inches).

It was a successful day for the throwers as senior Logan Ammons won the weight throw with a toss of (60-feet-3-inches) moving him to No. 3 all-time at SDSU. Sophomore Noah Huber won the shot put competition — launching the ball (55-feet-5.75-inches) and junior Micayla TerWee won the shot put throwing for (46-feet-.5 inches).

The Jacks will jump back into action with a busy weekend as they host both the SDSU Division II Invitational 1:30 p.m., Friday, Jan. 18 and the Jim Emmerich Invitational 12:30 p.m., Saturday, Jan 19. Both meets will be held in the Sanford Jackrabbit Athletic Complex in Brookings.



Collegian photo by **MIRANDA SAMPSON**

Sophomore sprinter Coby Hilton set the school record for the fastest indoor 200m time with 21.41 seconds. Both the South Dakota State women's and men's teams went on to down the North Dakota Fighting Hawks.



Collegian photo by **MIRANDA SAMPSON**

Junior sprinter Sam Zenner won the 60m race with a time of 6.79 and now ranks inside South Dakota State's all-time top 10.



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